

Our Feelings Matter

Activity: The Worry Monster



A Member of Children's Parliament's description of their class 'Worry Monster' inspired this activity:

"The Worry Monster is a little monster with a zip that goes across the mouth and you can put your worries in there or anything you want to talk to the teacher about. It's quite nice to have it there because if someone is having a worry and they might not want to share it and just forget about it, it's kind of nice to zip it up and pretend it's in the monster's stomach." Member of Children's Parliament, age 12

Links to Curriculum for Excellence Experiences and Outcomes

- I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. *HWB 2-04a / HWB 3-04a*
- I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances. *HWB 2-03a / HWB 3-03a*

Learning Intentions

- Learners identify worries, questions or uncertainty they might be feeling.
- Learners know who or where they can go to for support or if they have a worry or a question.

Duration

45 minutes

What You Need

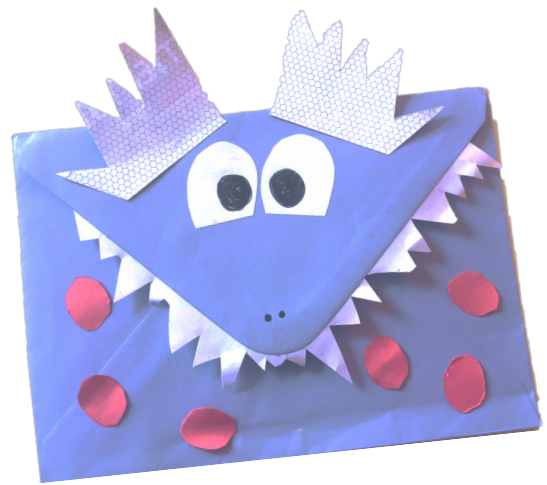
- A5 envelopes (one per child)
- Assortment of collage, craft materials such as:
 - Pom-poms, feathers, pipe cleaners, fabric
 - Magazines and comics
 - Coloured, shiny and textured paper
 - Wool, coloured yarn
- Colouring pens

Activity

Invite the children to sit in a circle. Explain to the children that you know we all worry about things some times - it could be a worry about school, or another person, or something that's coming up that makes you feel a bit unsure. Explain that today everyone will be thinking about what kinds of things they worry about and what they can do with a worry. Everyone will make 'Worry Monsters' and talk about who they can share worries with.

Give each child an envelope and explain that this will become their very own worry monster. The opening of the envelope is the mouth, but it is up to the children to decorate their worry monster using the collage materials available. You can use the image as inspiration, if necessary.

Once the children have decorated their worry monster, bring the children into a circle. If inside, this might be a nice opportunity to create a comfy, cosy den for everyone to snuggle up in. If outside, you can use chairs, crates, recycled cardboard, tarpaulin, washing lines or rope, fabric and pegs to make the den. If you are near woodland, a simple tepee structure can be made with three branches and rope. Use tarpaulin or fabric to cover it or sit in the open and appreciate the nature around you.



Begin an discussion with the children about the following questions:

- Who can a child go to if they have a worry?
- Why is it important to share a worry?

Explain to the children that their worry monster is there to store any worries or questions they might have. You might like to read out the quote by the Member of Children's Parliament at the top of this activity plan. The worry monster can then be passed onto a trusted adult, such as a teacher or pupil support assistant.

It's also important to remind children that ChildLine provides a confidential service if they are struggling to talk to an adult they know at home or school.